

General Information Regarding The USWFA's National Water Fitness Instructors Workshops

IMPORTANT

- These workshops are NOT just one big long water fitness class. The workshop will include a variety of experiences designed for all levels of water fitness instructors or other interested persons!
- The workshop will offer a variety of types of sessions and learning and sharing sessions and networking opportunities.

We Believe That

1. There is always something new to learn.
2. Learning never stops.
3. Learning, relearning, and updating your skills and knowledge is very important.

Potential Benefits To Those Who Attend The Workshop

1. Get new ideas.
2. Make contacts by networking.
3. Find other ways to teach.
4. Gain confidence and knowledge encouraging continual growth.
5. Get new ideas about water fun and games.
6. Learn how to think outside the box.
7. Are you and your students bored – need a refresher?
8. You will be given mental and physical benefits
9. Are you ready to grow and improve your program?
10. Investment in yourself – it pays off.

1. Who should attend the workshops?

- Water fitness instructors (certified and/or not certified), **potential water fitness class subs**, aquatic therapists, aquatic fitness personal trainers, physical therapists, swimming instructors, lifeguards, coordinators of water fitness programs, aquatic directors, and any other interested persons.

2. Locations – USWFA water fitness workshops will be held at various swimming pools around the country.

- Hosting a Workshop – Interested aquatic facilities and/or individuals should contact the USWFA National Headquarters regarding hosting a workshop.
 - The facility signs the agreement to host a USWFA Water Fitness Workshop giving approval for the workshop to be conducted at their facility.
 - Host facilities will receive a wide variety of benefits for hosting the workshop.
 - The facilities agree to have a certified lifeguard on duty for the full workshop (and ½ hour before and after the workshop).
- 3. Suggested day/time for the workshops.**
- 3 hour workshops.
 - ✓ Saturday or Sunday morning
 - ✓ 9 am to 12 noon might be a good time to conduct the workshop
 - 6 hour workshops.
 - ✓ Saturday or Sunday
 - ✓ 3 hour session, lunchbreak, 3 hour session
 - Other days and times will be considered.
- 4. Registration for each workshop.**
- The registration deadline is 2 weeks before the workshop.
 - No late registrations will be accepted after one week before the workshop. There is a late fee for late registrations.
 - Registrations may be completed in the following ways:
 - ✓ Online (on the USWFA website, uswfa.com)
 - ✓ Calling USWFA National Headquarters (561) 732-9908
 - ✓ Sending an email with the registration and payment information, john@uswfa.org
 - ✓ Mailing the registration form and payment to USWFA National Headquarters
 - The facilitator, host facility, and others definitely do not accept any registrations and/or program fees for the workshops. Registration at the workshops are not possible.
- 5. Workshop registration fee per person.**
- 3 hour Workshop:
 - ✓ \$59 per person
 - After the two week deadline \$118 each
 - 6 hour Workshop
 - ✓ \$118 per person
 - ✓ After the two week deadline - \$236 each
 - There are no refunds for the workshop. If the workshop is cancelled, the program fee paid may be used as follows:
 - ✓ To attend another USWFA workshop

- ✓ To give individual credit for other USWFA programs. (There is a one-year time limit.)
 - “No Shows” do not get refunds or credit for future items, etc.
6. Spectators, observers, friends, and family members are not permitted at the workshops unless they have registered and paid the workshop program fee.
 7. **Insufficient registrations.**
 - If 5 or more individuals have not registered for the workshop, the workshop might be postponed, rescheduled, or cancelled. This decision will be made by the USWFA National Headquarters after consultation with the facility and facilitator.
 8. **Class registration list.**
 - The facilitator and facility host will receive the class list of people who have registered for the workshop after the registration deadline and late registrations. (The list will be sent by priority mail.)
 9. **Water fitness products and equipment.**
 - The workshops are designed to offer a variety of sessions, learning experiences, and sharing sessions for the participants.
 - The workshops are not designed to demonstrate, show, and promote or exhibit water fitness products and equipment.
 - No exercise products and equipment will be a part of the workshops without the written approval from the USWFA National Headquarters President/CEO.
 10. **What to bring to the Workshop.**
 - Bottles of water (write your name on each bottle).
 - Several towels.
 - Extra bathing suit (optional).
 - Cover-up (t-shirt, etc.).
 - Note pad and pen.
 - Some type of footwear.
 - Please **do not** bring any type of water fitness equipment.
 11. **What participants do**
 - Participate in the water as a part of the regular program.
 - Take notes outside of the water.
 - Participate in the water and also (when desired) take notes outside of the water.
 - Network before and after the workshop.
 12. **These workshops do not offer certifications or CEUs.** To obtain aquatic certifications information, go to the USWFA website, www.uswfa.com.

The Workshop Schedule

1. Signing in at the Workshop.

- The workshop sign-in area will be open 45 minutes before the scheduled start of the workshop.
 - Each participant reports to the sign-in table or desk to sign-in. The host facility checks the workshop participant list (sent from USWFA National Headquarters) to make sure the individual has registered and paid.
 - ✓ If they have paid, they are given the following:
 - A wrist band that they put on at the desk
 - The individual packet provided by the USWFA national office
2. **After getting their wristband, the participants can start networking.**
3. **Official start of the workshop.**
- The group gathers together at the workshop’s scheduled starting time.
 - Opening remarks by the facilitator.
 - ✓ Welcome!
 - ✓ Brief self-introductions. The amount of time for each individual or participant will depend on the number of participants
 - ✓ Introduce the facility host. Welcome to our facility
 - Special announcements.
 - ✓ The USWFA motto. “The health, safety, and security of our participants is our top priority.”
 - ✓ Cautions with exercises – contraindications- unsafe movements and exercises.
 - ✓ Location of bathrooms
 - ✓ Secure your possessions in a safe place
 - ✓ Other

Each Workshop Shall Consist of Various Types of Sessions

Special Notes:

1. The agenda for each workshop will be adjusted according to the number of participants attending, weather, or other items as needed.
2. It is very important to remember that **not all of the types of sessions listed below will be offered at every workshop.**
 - Warm-up as one big group or in small groups.
 - Big group class (or 2 or 3 classes depending on the total number of participants).
 - Small mini classes (break into groups of 3 to 5 people).
 - Small group experiences (break into groups of 3 to 5 people).
 - Water and bathroom breaks (out of the water for 15 or more minutes).
 - Another small group experience.
 - Sharing ideas, opinions, and knowledge.
 - Show us what you do

- ✓ This will help the participants to get a wide variety of ideas. People are often looking for new and different opinions and ways of doing things.
- Brainstorming in small groups.
 - ✓ Participant problems or challenges that there isn't (or doesn't seem to be) a clear solution for.
 - Guidelines or rules
 - ❖ No criticism allowed
 - ❖ The crazier the better
 - ❖ The more ideas the better
 - At the end of the brainstorming sessions
 - ❖ Combine and improve the idea
 - ❖ Refine some of the best ideas
 - Possible topics
 - ❖ Eliminating loud talkers in classes
 - ❖ Promoting lifestyle management
 - ❖ Eliminating boring classes and programs
 - ❖ Other
- Quick water walking instructions followed by water walking.
- Possible specialization small groups (if time and interest permits).
 - ✓ Working with de-conditioned participants
 - ✓ Working with seniors
 - ✓ Power workouts
 - ✓ Regular water fitness classed
 - ✓ Creating fun in water fitness classes
 - ✓ Contraindicated cautions
 - ✓ Use of music
 - ✓ How to protect your voice
 - ✓ Choreography
 - ✓ Arthritis
 - ✓ The difference between teaching water fitness and land fitness
 - ✓ Proper body alignment
 - ✓ How to teach different levels in the same class
- Big group cool down or small group cool downs.
- Group discussion regarding "What I learned at the workshop."
- Announcements.
- Workshop ends.
- More networking time.

Volunteer

- People who register (and pay) to attend a workshop may volunteer to help in various ways at the workshop. However, **we can't guarantee they will be selected.**
- Persons who desire to be considered to volunteer in some way should email USWFA National Headquarters as soon as possible after they register for a specific workshop with the following information:
 - ✓ Your name and email address
 - ✓ The location and date of the workshop you will be attending.
 - ✓ Twenty five words or less regarding your background in water fitness
 - ✓ In what way you might be able to help at the workshop
 - Talk (during the water breaks)
 - ❖ Explain the new course emphasis
 - ❖ Transitions
 - ❖ Sell people on the advantages of exercising in the water
 - ❖ Sharing ideas, opinions, and knowledge
 - ❖ Brainstorming
 - Water
 - ❖ Big group class
 - ❖ Small group class
 - ❖ Small group experience
 - ❖ Show us what you do
 - ❖ Specialization class (subject)
 - ❖ Cool down
 - Other
- When you arrive at the workshop location, check in with the workshop facilitator and tell that person that you would be happy to help, if needed.

In case of inclement weather: The workshop might be held in a classroom type area with little or no pool time.

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